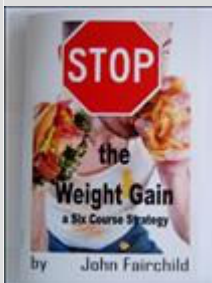




**Limited paperbacks of my "Stop the Weight Gain" are available.**

**Almost Sold Out!**



**Order Now and Save.** Only \$11.95 + minimal shipping charge.

<http://www.weightlosscoaching.org/products/ebook.html>

**My website is updated. Please check out new info on: protein, carbs and fat.**

[www.weightlosscoaching.org](http://www.weightlosscoaching.org)

Each month you will receive up-to-date information on new food products, exercise and nutrition tips, news articles, and weight loss tools. You will also get tips on how some of my clients changed their lifestyle and overcame barriers with small steps.

Please pass on my website to your friends, co-workers and family members. [www.weightlosscoaching.org](http://www.weightlosscoaching.org) I put a lot of research time into unveiling true information that will help you stay healthy and control your weight. Thank you for taking time out of your busy day to learn about how you can become a happier and healthier person.

Check out this video cooking "how to" for Chicken Salad Stuffed Avocado by Chef Keith Snow.

<http://www.harvesteating.com/public/778.cfm>

## Featured Food Corner



## Flaxseed

Flaxseeds, when ground aid in lowering cholesterol, act as an antioxidant, protect against hormone-sensitive cancers and have a positive impact on blood sugar.

When whole flaxseeds are ground as in a coffee grinder they can be added to cereal, baked goods, salads, casseroles, yogurt, soups, sauces and burgers to add fiber (3 grams per tablespoon), omega-3, and whole grain to the diet.

Whole seeds keep for up to one year; ground keep for 45 days in the refrigerator. Flaxseed oil should be refrigerated and not use as part of a heating process. Oils do not add fiber and whole grain to the diet-only the omega-3 benefit.

Whole seeds are not broken down by the body and therefore may not have any benefit. They may also cause irritation of the intestinal tract.

[Helpful Food Products](#)

Thomas Original English Muffin- now 100 calories and more fiber



Kids love them and they kept their original recipe.

Also available is the multi grain 100 calorie English Muffin. Recipe has changed and are a little doughy, but still good toasted with low fat peanut butter.



Quaker Soy Crisps. Get a little protein in your snacking.

**Nutrition Facts**<

Serving Size about 18 crisps (1 oz/28g)

Servings Per Container Varies

**Amount Per Serving**

**Calories** 120

Calories from Fat 40

**% Daily Value\***

**Total Fat** 4.5g

Saturated Fat 0.5g

Trans Fat 0g

**Cholesterol** 5mg

**Sodium** 270mg

**Total Carbohydrates** 14g

Dietary Fiber 2g

Sugars 3g

**Protein** 7g

Calcium

Iron

Not a significant source of Vitamin A, Vitamin C.

\* Percent Daily Values are based on a 2,000 calorie diet.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Snyder's MultiGrain Snacks ready for springtime fun.



**Nutrition Facts**

Serving Size: 1oz

**Amount per serving**

Calories: 130

Calories from Fat: 45

**% daily values\***

**Total Fat: 5g** 8%

Saturated Fat: 0g 0%

Trans Fat: 0g

Cholesterol: 0mg 0%

Sodium: 110 mg 5%

**Total**

**Carbohydrate:** 7%

**20g**

Dietary Fiber: 3g 12%

Sugars: 2g

Protein: 2g

Vitamin A: Vit. C:

0% 0%

Calcium: 0% Iron: 2%

**More on the liquid calorie trap from last months article.**

Example day of intakes from liquids.

Breakfast: Glass of Orange Juice 120 calories(12 ounce)

Break:	Starbucks Coffee	370 calorie Mocha, Low Fat Milk, Grande
Lunch:	Regular Bottled Soda	250 calories
Snack:	Lipton Iced Green Tea	200 calories
Evening Social:	1 Pub Beer	250 calories
Dinner:	1 Glass of Red Wine	120 calories
	Total liquid only	1310 calories

Most men need 2100 calories per day and women need 1600 calories per day for health maintenance.

1310 is more than half maintenance sources that do not provide proper nutrients and energy.

I left my article attached on the right side of this newsletter if you need to read it to learn more about liquid calories and how they stall your weight loss efforts.

***Please support me by purchasing some of my products so I can continue to bring you reliable information that will help you break through the confusing information about weight loss and health.***